

We look forward to reopening on Fridays  
after moving into our new building!

HAPPY NEW YEAR  
2011

## *Sheffield Senior Crier*

PO Box 327  
Sheffield, MA 01257

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SHEFFIELD, MA  
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RETURN SERVICE REQUESTED



Be A Part of the Team at 25 Cook Road  
Talk to Director J-A  
Time and Talent Needed

The best leader brings out the best in those he has stewardship over.  
- J. Richard Clarke

**Mission Statement** ...to facilitate seniors' ability to live independently and enjoy a high quality of life...to provide life-enriching activities, relevant information on all issues that affect them, and assist them in obtaining any services necessary to their well-being.  
(Published in part with funding from Executive Office of Elder Affairs)

# Sheffield Senior Crier

*News from the Sheffield Senior Center, Dewey Memorial Hall  
(Published in part with funding from Executive Office of Elder Affairs)*

*Hours: Mon-Thur 9-2:30 John-Arthur Miller, Director Telephone 229-7022 Barbara Fletcher, Assistant Director*

## January 2011 Calendar of Events

Foot Clinic – call for appointment	Mon, <b>Jan 3</b> , 9-11:30
Friends of the Sheffield Senior Center Meeting – at American Legion	Fri, <b>Jan 7</b> , 10:30
Council on Aging Meeting – at Town Hall	Mon, <b>Jan 11</b> , 5:00
Out to Lunch Bunch – at Mt. Everett Café	Wed, <b>Jan 12</b> , 12:00
Blood Pressure Clinic	Thur, <b>Jan 13</b> , 9-11:30
Martin Luther King Celebration at Library	Mon, <b>Jan 17</b> , TBA
3 <sup>rd</sup> Thursday Lunch – Pot Luck – Dewey Hall Finale? Program Double Header: Annie Ryder – Mampong Babies Home Story and Inspiring Shorts	Thur, <b>Jan 20</b> , 12:00
TV Viewing of Sheffield Board of Selectmen Meeting	Tuesdays, 12:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
Wii Bowling (regular times, but anyone can drop in anytime to try it!)	Tuesdays & Thursdays, 9:00
“Lawn Chair Movie Tuesdays” “Clare Teague Movie Mondays”	Tuesdays, 11:30 at Dewey Hall Mondays, 12:00 at Claire Teague
FREE Senior Swim at Berkshire South	Mondays, 1-2
Knitting Together (creating prayer shawls at Episcopal/Lutheran Church)	1 <sup>st</sup> Wed. 3:00; 3 <sup>rd</sup> Sat. 11:00 (Jan 5) (Jan 15)
Mt. Everett Culinary Restaurant (call 229.8734 x114 for reservation)	Wednesdays 9:30-1:30
Library Knitting Group (another knitting option at the Library) (beginners welcome-always someone there to help)	Wed. Evenings 6-8
Meals on Wheels	Weekdays except Holidays

*Sheffield Senior Crier is regularly posted on the town website ([www.sheffieldma.gov](http://www.sheffieldma.gov))  
and on the Dewey Hall Community Bulletin Board. Weekly updates of activities can be found in the  
Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.*

*Director Thoughts:*

*2011! A new year full of possibilities. Soon Sheffield will be entering a new era with the move to our new Senior Center - hopefully the beginning of February. It is a great chance to increase program opportunities for many senior interests. We will need your help in realizing these expectations and participation through creative funding and volunteering ideas. I'm excited about the possibilities and hope to serve you to the best of my abilities. My door is open. Come in, say hello, and share your ideas. It would also be very helpful to receive your written thoughts of your vision for your new senior center and how I can serve you as your Director. I have enjoyed our time together these past years at Dewey Hall and am looking forward to the first of many years at 25 Cook Road. Put on your thinking caps, write things down, come in and chat. Let me know how we can help. HAPPY NEW YEAR.*

*John-Arthur Miller*

## Center News

*Movie Mondays & Tuesdays in January– FREE!*

Mondays at **Claire Teague** – 12:00

Jan 3 – TBA

Jan 10 – TBA

Jan 17 – no movie – MLK Holiday

Jan 24 – TBA

Tuesdays at **Dewey Hall** – 11:30

Jan. 4 – *Dead Poets Society* - 1989

Jan. 11 – *The Queen* – 2006

Jan. 18 – *Being Human* - 1994

Jan. 25 – *Awakenings* - 1990

*Thanks and a Tip of the Hat....*

Lots of people do many things unnoticed. I thought I would mention a few:

**Dawn Massini**, member of the COA, who arranges the fun trips that we take. She is a pro!

**Michele Harwood**, member of the Friends, who has sewn covers for the weights we use in exercise class.

**Marcia Brolli** and her team at the Food Pantry who donate additional food treats for MOW clients.

**Frank Clark, Grace Campbell** and others who have shoveled snow in time for opening the Senior Center.

**Cathy O'Neil, Charlotte Dallett, Jackie Weaver**, and others who have donated to our "popcorn fund" for our Tuesday movies. This is only the tip of the iceberg. Thank you all!

*Wii Bowling Glove is Thrown Down Again!*

A three-way tournament challenge is being organized for January. In addition to the Claire Teague Team and the Sheffield Senior Center Team, Bostwick Gardens has developed a formidable team as well. Times and teams will be set early in the month, so come on down and practice if you are interested.

*When Walking – Beware*

In light of the news of recent pedestrian traffic accidents it is important to remind ourselves of the most defensive ways of walking the streets. ALWAYS walk against traffic (facing oncoming) in order to be best aware what is coming closest to you! Give plenty of room, even to the point of stopping and moving farther off the berm to yield to that oncoming traffic AND keeping your dog lease short!. Wear bright colors, hunter orange or reflective material in order to be better seen by drivers. We don't need to be dead right!

### *Meals on Wheels Driver Orientation*

On a recent Monday morning a group of people met to learn more about what it takes to be on the Driving Team for the MOW program. The history of the program was presented along with requirements and skills needed as participating volunteers. Prospective drivers also viewed a short video by Elder Services, who run the countywide program, traced the map route for Sheffield and the hill towns that includes about 25 stops, 45 miles, and three hours, and heard tips, stories, and encouragement from Wes Petersen and Frank Clarke, two of our veteran drivers. Another orientation date will be scheduled in January for others who were not able to attend. We are slowly building our cadre of driver volunteers for this very satisfying experience. Come and check it out if you enjoy people and a drive in the country.

### *Counsels On Aging: What Are They?*

*By Chris Solari (reprinted in part from article in Berkshire Senior)*

For many who are working in Massachusetts in the field of aging, Council On Aging (COA) is a household phrase. However, for others it may not be clear what role a COA plays. Well here's the scoop!

Councils on Aging, established in each community by city ordinance or town by-law, are designed to be responsive to the special needs of the aging. This is achieved by working in coordination with programs of the state Executive Office of Elder Affairs. COAs are founded through the efforts of interested citizens in each community. The council members are appointed by the selectmen or mayor. Members represent a cross section of the population (with majority age 60 or over) interested and willing to promote the welfare of elders. "A good council not only has a good chairperson or director, but reflects teamwork, and works with the entire community," Sue Jacobs, Director of Dalton Council on Aging, explained.

Most effective councils work closely with Elder Services of Berkshire County, Inc. to assure that the needs of elders in their towns are most appropriately met. Louise Feigin, a founding member of the Winsor Council on Aging stated, "A Council on Aging is an elder's entry point into the service network. Locally, many services are provided by Elder Services, but the COA is the first port of call when help is needed." Communication with town and city officials, as well as elders, is a vital part of the survival of the organization. Generally, a Council on Aging, often with other agencies, is a place where resolutions are sought or solutions initiated for issues that arise. In Berkshire County, 29 of the 32 towns have established Councils on Aging.

### *Mumbet Doll-making Project*

The Ashley House Committee is asking for help in making cloth dolls of our local heroine, Mumbet (Elizabeth Freeman). The dolls will come with a small pamphlet telling Mumbet's story and will be sold in area gift shops. Proceeds will go to general maintenance needs at the Ashley House. Our dear friend Inez Flinn was the originator of this idea and the dolls will be dedicated to her memory. All materials will be supplied. If interested, please call Trudy Miller at 413-441-6446.

